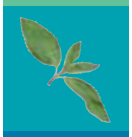
Moulinex

Tasty Recipes

Mediterranean
Oriental
Creole

EXOTIC



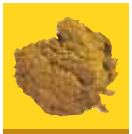
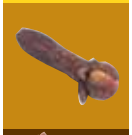
Recipes from the mediterranean region

Starters page 12

- Vegetable terrine with basil
- Spring salad
- Tossed feta cheese & pasta salad

Main courses page 15

- Seafood skewers
- Salmon fillets steamed with basil
- Cod with spinach and mushrooms cooked in lemony steam
- Spanish style chicken legs
- Cauliflower with chive cream sauce
- Chicken breasts in cream and tarragon sauce
- Peas à la Française
- Vegetable medley
- Tomatoes stuffed with spinach

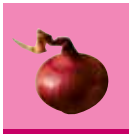
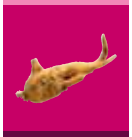
Recipes from the orient

Starters page 24

- Dim sum steamed with ginger
- Seafood ramekins
- Moroccan minted couscous salad
- Warm curried prawn salad

Main courses page 28

- Oriental steamed trout with black bean sauce
- Salmon yakitori served with saffron new potatoes
- Monkfish with chinese cabbage and fresh ginger
- Sweet and sour chicken
- Chicken chow mein salad

Recipes from the creole and caribbean region

Starters page 34

- Eggs poached with smoked salmon and coconut milk

Main courses page 35

- Sea bass steamed with mint and cinnamon

Desserts page 36

- Moist chocolate pudding steamed with vanilla
- Apple compote with cinnamon
- Cabinet pudding steamed with vanilla
- Cranberry and apple rings
- Chestnut and rum pudding
- Crème caramel

Cooking with steam

Nature and balance...

What pleasure to rediscover the natural flavour of seasonal food, through simple and creative cooking! You can find a new way to approach cooking: fresh, full of surprises, healthy and balanced.

Cooking food by steam is an ancient method, which first began in Asian and Far Eastern countries. In ancient China, they have traditionally prepared foods using steaming techniques for many centuries, in woven baskets made of rush or bamboo. Elsewhere, other countries have steamed food such as couscous above the meat stewing below in a tajine, a traditional North African cooking pot.

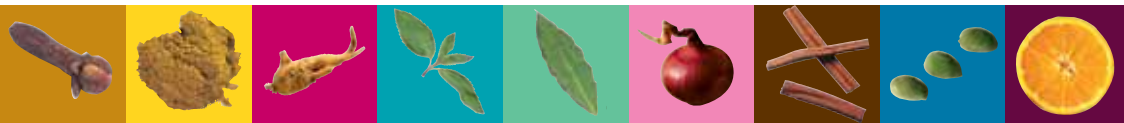
Flavours, aroma, colour, vitamins, and food texture, are all unmistakably preserved better. The steam gently cooks the food without any risk of burning, and just gently diffuses into the food. Food remains moist and succulent, and fish retains all its delicate taste.

Pleasure and freedom...

Thanks to your EXOTIC steamer, a complete meal can be prepared in an instant and left to cook unattended: start the cooking, go and do something else, come back and it's cooked! There is no risk of food boiling over or overcooking.

Steaming is the best method to preserve the vitamins and valuable nutrients in foods, allowing you to cook delicious meals, but also reduce fat, salt and sugar and help as part of a healthy lifestyle and diet.

Far from being exhaustive, this recipe book only just begins to give you some ideas and we hope to inspire your imagination to create more dishes with your steamer.

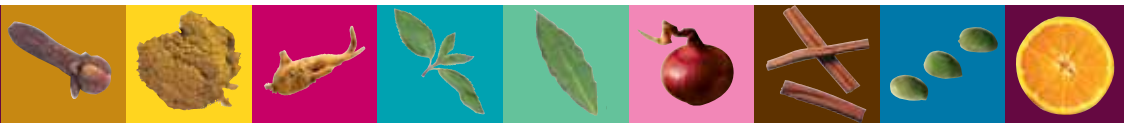


Full steam ahead!

A wide variety of herbs, spices, and condiments can be used... Try experimenting yourself or use the table on the following pages as a guide. Whether cooking savoury or sweet dishes fill the Aroma Diffuser with something to compliment the recipe you are making. Here is the occasion to discover new sensations through the recipe tastes, the smells and the colours!

Nothing is better than fresh herbs for the best aroma. The intensity of the aroma will vary with different types of herbs as some are more pungent, while others are much more delicate. Fresh herbs are best purchased in small quantities or used straight from the garden. Storage, heat and humidity will cause them to deteriorate. Check the packaging for recommendations on how they are best stored, many herbs are best kept in the refrigerator.

Dried spices and dried herbs generally give a weaker aroma, which reduces noticeably after opening and storing for a long time. If substituting dried herbs for fresh herbs you may need to increase the proportions for greater success.



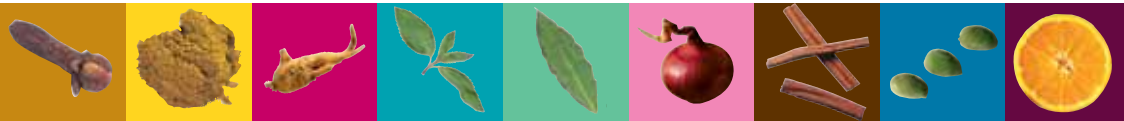
Discover the aroma of herbs!

A few years ago, herbs became available in new ways: herbs in paste form, frozen ready to use herbs and freeze-dried herbs.

Herbs in paste form are prevented from deterioration due to salt and oil. They give excellent results in cooking and sauces provided that you to do not add too much salt to the dish.

The use of frozen herbs can give a more subtle aroma. This type of product is heat sensitive and defrosts very quickly. Therefore, you should not let them thaw near a warm dish, except if you are using all the contents at one time. These sorts of herbs are inclined to turn black if left open to the air and need resealing after opening.
They can also lose colour when used as a garnish on a dish.

Freeze dried herbs are similar to dried herbs in their use.



Some ingenious accessories

The Aroma Diffuser

Your steamer is fitted with an Aroma Diffuser. It has been designed for use with fresh herbs, powdered spices, as well as liquids (such as lemon juice, stock, alcohol, flavoured oils...). It allows the exotic aromas from these items to diffuse through the steamer, but without removing the natural taste of the food.

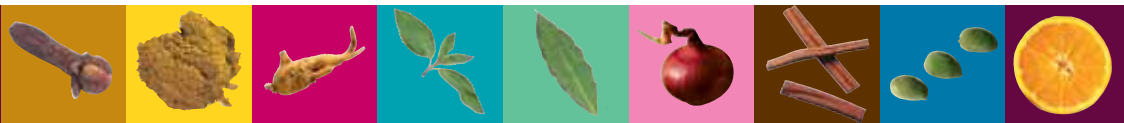
Just put any herbs etc... inside the Aroma Diffuser plus water to the "Max" level mark, and it is ready to go! Fresh herbs can be used whole in small sprigs, but are usually best chopped as it is easier to fit them in the Aroma Diffuser and also helps release their aroma.

For each recipe we give a guide concerning the quantity of ingredients you need to put in the Aroma Diffuser, but feel free to put more or less herbs according to your own preference.

The fish tray

In order to make serving fish easier, the EXOTIC steamer has a shallow sided fish tray: its ingenious shape perfectly adapts to steam cooking and serving fish.

Thus, you can transfer the most delicate food, without breaking it, onto serving plates. The lid can be upturned and used as a stand for the fish plate, and collects any drips of cooking juices.
The fish can then easily be served directly at the table, avoiding too much washing up!



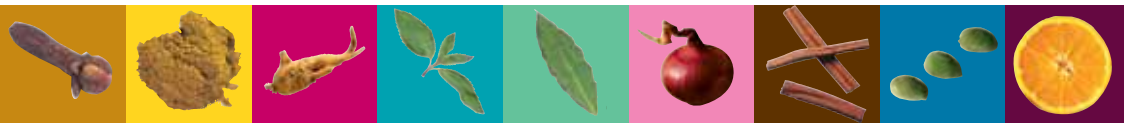
Guide to suggested herbs and spices

VEGETABLES

Green beans and peas	Dill, marjoram, parsley, white pepper, cayenne pepper, savoury, sage, thyme, rosemary, cumin.
Spinach	Basil, nutmeg, white pepper, chilli pepper.
Carrots	Bay leaf, marjoram, nutmeg, parsley, chilli pepper.
Red cabbages	Cumin, bay leaf, cloves, pepper, thyme.
Cauliflower	Nutmeg, cayenne pepper, celery salt, white pepper.
Tomatoes	Basil, chervil, chives, estragon, curry powder, celery salt, parsley, white pepper, sage, onion flakes, garlic.
Aubergines	Garlic powder, bay leaves, parsley, hot pepper, white pepper, rosemary, thyme.
Artichokes	Chervil, tarragon, parsley, white pepper.
Courgettes	Dill, basil, sage, chervil, tarragon, parsley, rosemary.
Mushrooms	Garlic, chive, coriander, chervil, tarragon, nutmeg, parsley, white pepper, rosemary, thyme, onion, curry powder.
Potatoes	Chervil, cumin, garlic powder, chive, bay leaf, nutmeg, paprika, marjoram, parsley, rosemary, savoury.
Pasta, rice	Saffron, curry powder, pepper white, marjoram, paprika.

SALADS

Green	Garlic powder, chervil, spices for salads, white pepper, sage, savoury, chive, tarragon.
Cucumber	Dill, chervil, tarragon, black pepper, mixes of spices for salads, savoury, chive.
Tomato	Dill, chervil, chive, tarragon, onions, black pepper, marjoram, thyme.
Potato	Dill, celery salt, chive, tarragon, marjoram, onions, parsley, white pepper.
Rice	Basil, curry, special spice mixes for rice, saffron, white pepper.



MEAT AND POULTRY

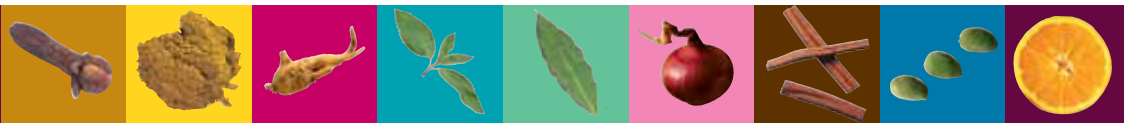
Veal	Basil, nutmeg, paprika, white pepper, rosemary.
Pork	Cayenne pepper, mixture of aromatic herbs, pepper white, rosemary, sage.
Goose and duck	Barbecue spice mixes, cumin, tarragon, marjoram, nutmeg, parsley, thyme, pepper white, sage, bay leaf.
Chicken	Garlic powder, chervil, barbecue spice mixes, marjoram, rosemary, sage, pepper white, tarragon, parsley, thyme, curry powder.

FISH AND SEAFOODS

Fish	Basil, chive, coriander, bay leaf, hot pepper, sage, white pepper, rosemary, saffron, thyme, parsley, curry powder, lemon, aniseed, dill, fennel.
Seafood	Bay leaf, marjoram, hot pepper, cayenne pepper, white pepper, thyme, curry powder, saffron, parsley, lemon.
Mussels	Bay leaf, white pepper, garlic powder, chive, parsley, thyme, lemon, white wine.

DESSERTS

Compote (poached fruit)	Cinnamon, ginger, lemon peel or juice, vanilla.
Puddings and sponges	Cinnamon, lemon peel, ginger, clove, vanilla.
Egg custards, rice pudding	Vanilla, cinnamon, rum.



Cooking tables

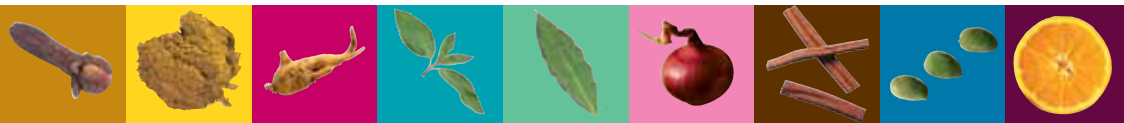
Cooking times are approximate and use the lower basket, unless stated otherwise. Times may vary depending on the amount of food, size of the food, the space between the food, using a different basket level and individual preferences. For larger or smaller quantities, adjust the cooking time accordingly. Cooking times may be increased when using more than one basket to steam food.
In order to cook foods that have different cooking times: put food that has the longest cooking time in the lower basket. During cooking, add the other basket with food with fastest cooking times.
Use oven gloves when handling the baskets during cooking.

Fish • Shellfish

Food	Type	Amount	Cooking time	Recommendations
Thin fillet of fish	Fresh	450 g	8 - 10 min.	Don't pile up the fish fillets.
(cod, plaice, sole, salmon, haddock...)	Frozen	450 g	11 - 16 min.	
Thick fillets or steaks (salmon, haddock, monkfish, tuna, swordfish...)	Fresh	400 g	16 - 21 min.	
Whole fish (trout, salmon trout...)	Fresh	600 g	27 - 32 min.	
Mussels	Fresh	1 kg	16 - 21 min.	Discard any unopened mussels.
Prawns (raw)	Fresh	200 g	3 - 7 min.	According to your taste.
Scallops	Fresh	100 g	6 - 10 min.	According to your taste.

Vegetables

Food	Type	Amount	Cooking time	Recommendations
Artichokes	Fresh	3 average	32 - 37 min.	Cut the base.
Asparagus	Fresh	600 g	16 - 21 min.	Cut the base. Exact time depends on thickness.
Broccoli	Fresh	400 g	30 min.	Cut into small florets.
	Frozen	400 g	20 - 25 min.	
Celeriac	Fresh	350 g	21 - 26 min.	Cut in cubes or slices.
Mushrooms	Fresh	500 g	11 - 16 min.	Cut the base and wash well.
Cauliflower	Fresh	1 average	27 - 32 min.	Cut into small florets.
(Red - Green) cabbage	Fresh	600 g	16 - 19 min.	Sliced or shredded.
Courgettes	Fresh	600 g	13 - 16 min.	Sliced.
			13 - 18 min.	Cut into 5 cm chunks.
Spinach	Fresh	300 g	11 - 13 min.	
	Frozen	300 g	16 - 21 min.	
Fine greens beans	Fresh	500 g	21 - 26 min.	
	Frozen	500 g	16 - 21 min.	
Small carrots	Fresh	500 g	11 - 16 min.	Sliced thin.
Corn on the cob	Fresh	500 g	37 - 48 min.	
Leeks	Fresh	500 g	8 - 12 min.	Sliced thin.
Leeks baby	Fresh	500 g	16 - 21 min.	Whole.
Mange tout	Fresh	500 g	12 - 15 min.	
Peppers	Fresh	300 g	11 - 16 min.	Cut into wide strips.
Peas	Fresh	400 g	21 - 26 min.	
	Frozen	400 g	21 - 26 min.	
New potatoes	Fresh small whole	600 g	43 - 48 min.	Depends on size and variety.
Old potatoes	Fresh	600 g	27 min.	Sliced or cut into cubes.
Onions small whole	Fresh	400 g	11 - 16 min.	Cooking times depends on the size.
Onions sliced	Fresh	400 g	11 - 16 min.	Sliced thin.



Meat • Poultry

Food	Type	Amount	Cooking time	Recommendations
Chicken breast (boneless)	Strips Whole	500 g 450 g	13 - 16 min. 16 - 21 min.	Remove the skin.
Chicken drumsticks or thigh joints	Fresh	4	32 - 37 min.	After steaming brown skin under grill, if desired.
Turkey steaks and escalope	Fresh	600 g	21 - 26 min.	
Fillet of pork	Fresh	700 g	13 - 16 min.	Cut in 1 cm slices.
Lamb steaks	Fresh	500 g	11 - 16 min.	
Sausages	Knackwurst Frankfurter	10 10	8 - 12 min. 11 - 13 min.	Pierce before cooking.

Rice • Pastas • Grains

Food	Rice amount	Water amount	Cooking time	Recommendations
White Rice American Long Grain	150 g	300 ml	27 - 32 min.	Wash the rice before cooking. Use boiling water
White Rice Basmati Rice cooking	150 g	300 ml	27 - 32 min.	in the rice bowl. Add salt if desired.
Easy Cook White	150 g	300 ml	21 - 24 min.	
Brown Rice	150 g	300 ml	43 - 48 min.	
Couscous	200 g	350 ml	11 min.	Soak the couscous 5 min. in boiling water before cooking.
Bulgar wheat	150 g	300 ml	16 min.	Use boiling water in rice bowl.
Pasta (spaghetti)	200 g	400 ml	21 - 26 min.	Use boiling water in rice bowl.

Other foods

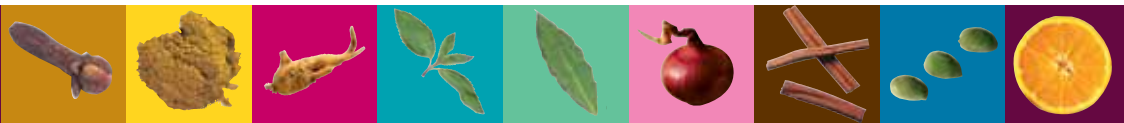
Food	Type	Amount	Cooking time	Recommendations
Eggs	Hard-boiled	6	16 min.	
"Poached" eggs in ramekins	Hard-boiled Soft-boiled	6 6	13 - 16 min. 8 - 10 min.	Well grease the ramekins.

Fruits

Food	Type	Amount	Cooking time	Recommendations
Apples	Quartered	4	16 min.	Peel the apples and cook it in the rice bowl with 40 g of butter.
Bananas	Whole	4	11 - 16 min.	Use middle and upper basket to save overcooking.
Apricots	Fresh	4	11 - 16 min.	Cooking times depends on the fruit ripeness. Halved.
Peaches or Nectarines	Fresh	4	11 - 16 min.	Cooking times depends on the fruit ripeness. Halved.
Pears	Fresh	4	21 - 26 min.	Cooking times depends on the fruit ripeness. Whole or halved.
Rhubarb	Fresh	400 g	21 - 26 min.	Cut into 2.5 cm chunks.

Reheating

Food	Type	Amount	Cooking time	Recommendations
Meat	Pieces	2 or 3	16 - 21 min.	Turn meat pieces during reheating.
Pasta			11 - 21 min.	Stir halfway through reheating. Cooking times depends on the thickness.
Vegetables			16 - 21 min.	Cut into 2.5 cm chunks.



Mediterranean cuisine...
...Under the olive trees

These spices and seasonings, originating on the coasts of the Mediterranean, have always been part of our culture. The Greeks and Romans valued them for their wonderful flavour and monks cultivated them, jealously guarding them behind the high walls of their monastery herb gardens.

Explorers and people of different nations who passed through the lands of Provence introduced a little of their cultures. All this has an influence on what is on our plates today! There are multiple colours, but the flavours and aromas remain authentic.

Garlic, basil, coriander, thyme, rosemary and many other wild herbs with strong fragrances form the basis of Mediterranean cuisine. These herbs can be mild or spicy, both enhancing and adding interest to sweet or savoury dishes.

Mediterranean cuisine reflects a personal art of living and encourages friendly exchanges with others.

"Herbes de Provence"
A mixture of aromatic herbs including thyme, rosemary, savoury, oregano or marjoram, bay, fennel, sage, wild thyme and basil.

"Fines Herbes"
A combination of finely chopped parsley, tarragon, chervil and chives.

Create a mediterranean atmosphere

Decorate your living room,
make up large bunches of mimosa and lavender.

If you are planning an outdoor party,
rush out and get a brightly coloured check tablecloth and napkins. It will remind you of your holidays in Provence!

Decorate your table,
by placing springs of rosemary or lavender next to or in front of each plate, decorated in the Provençal style, of course!

To scent the room,
burn a lavender scented candle just before your guests are about to arrive.

Vegetable terrine with basil

Serves 4 - 6

15 min.

55 min.

- 400 g (14 oz) frozen mixed vegetables with peppers
- 100 ml (7 tblsp.) reduced fat double cream or crème fraiche
- 2 eggs, beaten
- 200 g (7 oz) finely diced cooked ham
- 2 tblsp. finely chopped fresh basil
- 1/2 tsp. salt
- freshly ground black pepper
- tub of ready-made fresh tomato sauce (optional)
- extra chopped fresh basil

Place the frozen mixed vegetables in the lower steam basket.

Place 1 tablespoon of chopped fresh basil in the Aroma Diffuser and add water up to the "Max" level.

Cover with the lid and steam for 15 minutes. Drain well. Leave to cool slightly.

In a large bowl beat the cream and eggs together. Add the ham, vegetables and 1 tablespoon chopped basil. Season. Pour the mixture into a well greased metal 1lb loaf tin.

Cover with cling film. Place in the lower steam basket and cover with the lid. Steam for 40 minutes. Turn out, drain off any excess liquid and serve hot or cold.

Serving suggestion:
Serve with ready made or homemade fresh tomato sauce.
For a vegetarian version omit the ham.

Spring salad

Serves 4

30 min.

20 - 25 min.

- **150 g (5 oz) carrots, into strips 1 cm wide and 4 cm long**
- **100 g (4 oz) mange tout or sugar peas**
- **2 potatoes**
- **2 courgettes**
- **100 g (4 oz) cauliflower**
- **75 ml (1/3 cup) olive oil**
- **juice of 1 lemon**
- **salt**
- **about 1 tablespoon chopped fresh fines herbs (a mixture of any of the following herbs tarragon, chervil, thyme, marjoram, thyme or parsley)**

Place the chopped fresh herbs and the juice of 1 lemon in the Aroma Diffuser. Add water up to the "Max" level.

Peel the carrots and potatoes. Dice the potatoes into 1 cm cubes and the carrots into strips, 1 cm wide and 4 cm long. Wash and string the mange tout or sugar peas, and cut into strips. Cut cauliflower into bite size florets, and dice the courgettes into 1 cm chunks.

Place all the vegetables in the lower steam basket. Cover with the lid.

Cook for 20 - 25 minutes until the vegetables are cooked but still crisp.

Place the vegetables in a serving dish and sprinkle with more chopped fresh fines herbs.

Serve warm with Italian dressing or vinaigrette made with olive oil and lemon juice.

Try this:
Instead of fines herbs use chopped fresh flat leaf parsley.

Chopping Chives

Instead of using a knife to chop chives, it's much easier to snip them into small pieces using kitchen scissors.

A substitute for fennel

If fennel is one of the ingredients in your dish and you do not have any left, instead use some liqueur containing aniseed.

Keep parsley in the fridge

Chopped parsley keeps much better in the refrigerator if you pat it dry in a kitchen towel after rinsing it. This reduces the risk of it fermenting and deteriorating.

Tossed feta cheese and pasta salad

Serves 4 - 6

20 min.

15 min.

- **2 tblsp. chopped fresh oregano**
- **225 g (8 oz) uncooked pasta spirals**
- **2 small courgettes (about 100g /4 oz each)**
- **250 g (9 oz) cup mushrooms, halved**
- **100 g (4 oz) black olives**
- **175 g (6 oz) crumbled feta cheese**

For the dressing

- **2 tblsp. lemon juice**
- **1 tblsp. olive oil**
- **salt and pepper to taste**
- **extra chopped fresh oregano (as a garnish)**
- **freshly grated parmesan cheese (to garnish)**

Wash the courgettes and cut into 5mm (1/4in) slices.

Place the chopped fresh oregano in the Aroma Diffuser. Add water up to the "Max" level.

Place the courgettes and mushrooms in the lower steaming basket. Cover with the lid and steam for 15 minutes, stirring after 8 minutes, or until vegetable are cooked but still crisp.

While the vegetables are steaming, cook the pasta in salted boiling water as directed on the packet or until only just cooked. Rinse in cold water and drain well. Leave to cool slightly.

In a large serving bowl, combine the cooked pasta, steamed vegetables, olives and feta cheese.

In a separate bowl combine the lemon juice, olive oil, salt and pepper, and mix well. Pour over the pasta and toss gently to mix. Garnish with a little additional chopped fresh oregano, if desired.

Serve with freshly grated parmesan cheese.

Good warm or cold.

Seafood skewers

Serves 4

15 min. + 1-2 hours to marinate

12 - 15 min.

- 450 g (1 lb) monkfish tail fillet
- 8 large raw tiger prawns
- 8 fresh queen scallops
- 1 red pepper
- 1 yellow pepper
- wooden skewers about 20 cm (8 inch) long
- juice of 1 lemon
- about 1 tblsp. chopped fresh thyme

For the marinade

- 150 ml / 1/4pt sunflower or olive oil
- 1 tsp. fennel seeds
- 2 tsp. fresh chopped thyme
- 2 dried bay leaves
- juice of 1/2 lemon
- salt and freshly ground black pepper

Remove the seeds from both the peppers and cut into 5 cm/2 inch squares.

Using a sharp knife cut the monkfish away from the bone and cut into 5 cm/2 inch chunks.

Thread the fish and vegetables onto 4 short wooden kebab skewers, beginning and ending with a piece of pepper. Do not pack too tightly otherwise they will cook unevenly.

Mix the marinade ingredients together. Leave the kebabs to marinate in the refrigerator for 1 - 2 hours.

Add the fresh thyme to the Aroma Diffuser and fill up to the "Max" level with the lemon juice.

Place the skewers in the lower and upper baskets. Cover with the lid and steam for about 12 - 15 minutes or until cooked through.

Serving suggestion:
Serve with brown rice or with wholemeal pitta bread.

Try this:
Instead of tiger prawns use whole raw prawns in their shells.

Salmon fillets steamed with basil

Serves 4

20 min.

10 - 12 min.

- 4 thick salmon fillets (about 150g/ 5 oz each)
- 4 tblsp. of olive oil
- juice of 1 lemon
- 8 torn basil leaves
- 500 g (1lb 2 oz) fresh fine green beans
- coarse rock salt and pepper

Place the lemon juice with the basil leaves torn into small pieces in the Aroma Diffuser. Fill up with water untill the "Max" level.

Wash and remove stalks from the fine green beans. Place them in the lower steam basket, cover with the lid and steam for 30 to 40 minutes, depending on how crisp you like your vegetables. 12 - 15 minutes before the end of the cooking time, put the salmon fillet in the fish tray and continue cooking.

Mix the olive oil and the remaining lemon juice together. On the serving dish, pour over the olive oil sauce and sprinkle with a little of the basil. Serve the salmon on top of the sauce and arrange the French beans around the outside. Add salt and pepper.

Cod with spinach and mushrooms cooked in lemony steam

Serves 4

30 min.

10 - 12 min.

- 700 g (1 1/2 lb) cod steaks (cut 2 cm thick)
- 2 unwaxed lemons
- 1 bunch of fresh parsley
- 400 g (14 oz) fresh spinach
- 200 g (7 oz) button mushrooms
- 4 tblsp. olive oil
- salt
- pepper

Ask your fishmonger to cut the cod into 2 cm thick steaks. Dry the fish in paper towel. Lightly salt and pepper. Wash the lemons and dry them. Finely grate the peel from the 2 lemons and squeeze the juice from one lemon. Chop the washed and dried parsley. Mix the parsley and the lemon peel and set aside.

Pour the juice of 1 lemon in the Aroma Diffuser and fill up to the "Max" level.

Carefully wash the spinach and coarsely chop it (but remove any hard stalks). Arrange it in the lower and upper steam baskets. Wash the mushrooms and trim off any long stalks. Thinly slice the mushrooms then arrange them on top of the spinach in the lower and upper baskets. Put cod steaks on the fish plate and sprinkle over the parsleyed lemon peel. Drizzle over spray 2 tablespoons of olive oil. Place on top of the steam baskets.

Put the lid on the steamer and cook for 15 - 20 minutes. Arrange the fish and the vegetables on warmed plates and drizzle with a little more olive oil.

Spanish style chicken legs

Serves 2

20 min.

40 - 45 min.

- 2 chicken drumsticks
- 50 ml (2 fl oz) chicken stock
- 1 tblsp. olive oil
- salt and freshly ground black pepper
- 4 vine ripe or flavoursome tomatoes skins removed
- 2 courgettes washed
- 1 green pepper seeds removed
- 1 tsp. frozen chopped mixed herbs

Put 50 ml chicken stock in the Aroma Diffuser (which is up to the "Max" level).

Heat 1 tablespoon olive oil in a non-stick frying pan and fry the chicken on all sides to brown. Place the chicken in the lower basket. Season with salt and pepper. Cover with the lid and steam for 15 minutes.

Cut the skinned tomatoes into quarters. Thickly slice the courgettes and cut the pepper into strips. Place all the vegetables and the herbs in the upper steam basket.

Continue to steam for 25 to 30 minutes longer. Serve the chicken on warmed plates with the vegetables and accompanied by saffron rice.

Cauliflower with chive cream sauce

Serves 6

5 min.

30 - 35 min.

- 1 medium size cauliflower
- 250 ml (9 fl oz) reduced fat cream
- 3 tblsp. chopped fresh chives + an extra 2 tsp for the Aroma Diffuser
- salt and pepper

Put 2 teaspoons of chopped fresh chives in the Aroma Diffuser and fill with water to the "Max" level.

Trim the cauliflower and cut into small florets of even size and then wash it.

Place the cauliflower in the lower and upper steam baskets. Cover with the lid and steam for 30 - 35 minutes or until just tender.

In a saucepan gently heat the cream with salt and pepper. Add the chopped chives.

Arrange the cauliflower on a warmed plate and pour over the chive cream sauce.

Variation:

Cook the cauliflower as below and serve with a herby dressing. In a screw top jar add 50 ml (3 tblsp.) olive oil, juice of 1 lemon, 1/2 tsp. chopped fresh mint, 1/2 tsp. chopped fresh oregano, 1 tblsp. chopped fresh chives and 1 crushed garlic clove. Shake well to mix. Pour the dressing over the cauliflower while piping hot and sprinkle with 25 g (1 oz) toasted sliced almonds.

Chicken breasts in tarragon cream sauce with vegetable ribbons

Serves 4

15 min.

18 - 25 min.

- 4 boneless chicken breasts, skinned (about 120 g/4 oz each)
- salt and freshly ground black pepper
- 2 tblsp. finely chopped fresh tarragon
- 1 medium size courgette, washed
- 1 carrot, peeled
- 3 leeks
- 200 ml (7 fl oz) reduced fat double cream

Place 1 tablespoon chopped fresh tarragon in the Aroma Diffuser and fill with water up to the "Max" level.

Place the chicken breasts in the lower steaming basket, cover with the lid and cook for 10 - 15 minutes, depending on their size and thickness.

Cut the white part of the leek into thin slices. Using a vegetable peeler cut the carrot and courgette lengthwise into long thin ribbons. Place in the upper basket together with the leeks. Place the cream, remaining chopped tarragon, salt and pepper in the rice bowl and cover with cling film. Rest the rice bowl on the fish plate and cover with the lid. Continue to steam for a further 8 - 10 minutes until the vegetables are cooked and the sauce is warm.

Serve the chicken either whole or in slices on a warmed serving plate. Cover with the tarragon cream sauce and serve with the vegetable ribbons.

Peas à la Française

Serves 4

15 min.

20 - 25 min.

- **500 g (1lb 2 oz) frozen peas**
- **5 lettuce leaves**
- **1 white onion**
- **2 tsp. chopped fresh thyme**
- **25 g (1 oz) butter**
- **salt**
- **pepper**

Cut the lettuce leaves into thin strips. Chop the onion.

Put one teaspoon of chopped thyme in the Aroma Diffuser and fill up with water to the "Max" level.

Put the peas, lettuce, onion, and remaining chopped thyme in the lower steaming bowl. Cover with the lid and cook for 20 - 25 minutes. Collect the cooking juices. Mix some of the cooking juices into the peas together with the butter. Season. Serve.

Freezing

This is particularly suitable for delicate herbs such as parsley, basil, chervil, dill, tarragon, sorrel, chives, etc. You can freeze whole herbs (washed, rinsed and dried) in freezer bags placed in airtight plastic containers.

Springtime ice cubes

Before putting them into the freezer, put a redcurrant, a mint leaf or a raspberry in each cube. An original idea for serving aperitifs or lemon drinks.

Seasoned salt

Make your own seasoned salt with spices or herbs: for example, mix ground celery seeds thoroughly with ordinary table salt. This salt will really pep up your tomato-based dishes, or salads.

Vegetable medley

Serves 6

15 min.

25 - 30 min.

- 200 g (7 oz) carrots
- 200 g (7 oz) swede
- 200 g (7 oz) fine green beans
- 200 g (7 oz) frozen peas
- 1 tsp. chopped flat leaf parsley
- salt and freshly ground black pepper

Peel and wash all the vegetables. Cut the carrots, swede, and beans into julienne strips 1cm (1/2 inch) wide x 4 cm (1 1/2 inch) long.

Put a teaspoon of chopped fresh flat leaf parsley in the Aroma Diffuser and fill with water up to the "Max" level.

Put the prepared vegetables and the peas in the lower basket, cover with the lid and steam for 25 - 30 minutes. Remove the vegetables and season.

Try this:
Use turnip instead of swede.

Tomatoes stuffed with spinach

Serves 3

15 min.

10 min. + about 20 min.

- 3 large firm beefsteak tomatoes
- 300 g (11 oz) spinach
- 2 tblsp. low fat fromage frais
- 1 egg
- salt and freshly ground black pepper
- 2 tsp ground nutmeg

Place 2 teaspoons of ground nutmeg in the Aroma Diffuser and fill with water up to the "Max" level.

Wash the spinach and steam in the lower basket for 10 minutes. After 5 minutes stir the spinach to ensure even cooking. Press the spinach through a sieve or colander to squeeze out the excess water. Chop the spinach.

Cut a slice from the top of the tomato about a quarter of the way down, scoop out the seeds and pulp with a teaspoon. Salt the inside.

Beat the egg with the fromage frais, salt, and pepper. Add the spinach. Stuff the tomatoes and replace the tomato lids. Place the tomatœs in the lower basket. Cover with the lid and steam for about 20 minutes. Serve hot.

Serving suggestion:
Serve with hot toast.

Try this:
Instead of beefsteak tomatoes use 8 round courgettes and steam in the 2 bowls for about 15 minutes.

Create a Mediterranean atmosphere

Frosted glasses

Using a small amount of lemon juice, dampen the rim of each glass and turn it upside down onto a layer of coloured or natural sugar. Remove immediately and tap gently to remove excess sugar.

For a delicately scented house

After drying them, burn orange and lemon rinds (or a bundle of lavender) in the fireplace.

Fragrant sachets

Blend practicality with pleasure by making cloth or silk sachets, containing a mixture of flowers and spices. Lavender, rosemary and mint are the main plants that deter insects and are effective against clothes moths!

These sachets are also an original gift to give friends who come for the weekend. For a perfect present, embroider their initials on the sachets!

Oriental cuisine

For our European palates, oriental cuisine is a cuisine of sophisticated dishes. It is a diverse, surprising and unusual cuisine.

Attempting to recreate the cuisine of a world region means respecting the harmony between dishes and flavours. That said, you must also make the most of our culinary differences without altering each one's authenticity.

Varied, often colourful and very much appreciated, the cuisine that comes from Asia, India and the Middle East will give you the equilibrium and harmony that are characteristic of the philosophy of these civilisations.

All the nations of the Orient have one thing in common, resulting in a culinary unity found nowhere else: namely, the blending of spices with unrivalled skill taken to the extreme, which makes all these dishes a highly colourful, fragrant and flavoursome success.

Dare to discover exotic aromas!

"5 Spice" Powder

A combination of chinese spices made up of equal parts chinese pepper (Szechwan or black), star anis, cinnamon, cloves and fennel. Popular in many chinese recipes and you can add other spices to it.

Curry

Curry is a subtle and delicate combination of spices like turmeric, cardamom, ginger, coriander, nutmeg and poppy seeds. It's spiciness when added in recipes depends on the amount of chilli pepper or pepper used.

Asian atmosphere

To add sparkle to your Asian meals,

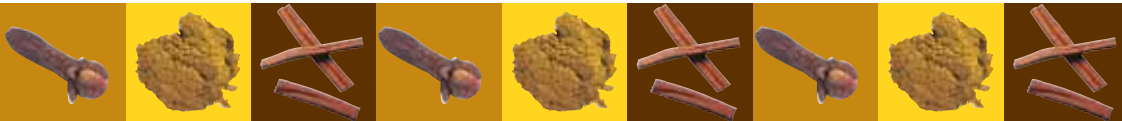
place japanese lanterns on your table and replace cutlery with chopsticks. Make original place markers with the magic of origami (the japanese art of folding that lets you create animals, for example, out of a simple sheet of paper), or by writing the name of each guest in japanese calligraphy on rectangular pieces of paper.
Let your imagination run riot and your guests will be delighted to take an active role in a party with a unique and surprising atmosphere!

The mellowness of Oriental India

Serve dinner on a low table and use cushions instead of chairs. Politely let your guests know they should avoid wearing tailored clothes... they could be extremely constricting!
To top off the effect, buy moroccan plates and glasses, and matching napkins and place settings. The table must look its sparkling best!

Incense

It's true that when plants burn, they give off a fragrance that has a chemical effect on the body. In addition, they act imperceptibly on the astral and mental levels. To delicately fragrance your home without saturating the air, try burning incense 30 minutes before your guests arrive.



Dim sum steamed with ginger

Serves 4

1 hour

30 - 35 min.

For the dough
- **250 g (8 oz) plain flour**
- **1 tsp baking powder**
- **1/2 tsp. salt**
- **1 beaten egg**
- **75 ml (5 tblsp.) water**

For the prawn filling
- **250 g (9 oz) cooked peeled prawns**
- **1 handful of bean sprouts**
- **1 tsp. finely grated fresh root ginger**
- **1 tsp. fresh chopped coriander**
- **3 - 4 tblsp. sweet and sour sauce**

For the Aroma Diffuser
- **1 tblsp. finely grated or chopped fresh root ginger**

To prepare the dough, put the flour, baking powder and salt in a bowl. Add the egg and water and mix to make a soft dough. Knead on a lightly floured board until smooth. Cover with a damp cloth and set aside.

For the prawn filling, chop the prawns in small pieces. Wash and chop the bean sprouts. Finely grate the root ginger. Wash and dry the coriander, finely chop the leaves and add to prawns together with the beans sprouts, ginger sweet and sour sauce. Mix all these ingredients.

To make the dim sum, knead the dough again until smooth. Take pieces of dough about the size of a walnut (makes about 24). Roll them into a ball between your hands and then roll out into a thin round about 10 cm (4 inch in diameter) using a rolling pin (so that the dough is very thin). Place a teaspoonful of filling on each circle of dough. Gather up the edges of the dough into a point, then pinch together and twist to seal. Cut 24 small squares of non-stick baking parchment and put a dim sum on each with the sealed edge on top. Place in the 2 steam bowls and fish plate Add 1 tablespoon of finely grated or chopped fresh ginger in the Aroma Diffuser and add water up to the "Max" level. Cook for about 30 - 35 minutes or until cooked through.

Seafood ramekins

Serves 6

15 min.

25 - 30 min.

- **2 eggs + 1 egg yolk**
- **50 g (2 oz) shelled mussels**
- **50 g (2 oz) queen scallops**
- **50 g (2 oz) cooked prawns**
- **1 tblsp. Crème fraiche or double cream**
- **1 tsp. medium curry powder**
- **200 ml (7 fl oz) milk**
- **20 g (3/4 oz) cornflour (about 2 heaped tblsp.)**
- **10 g (1/4 oz) sesame seeds**
- **1 rusk**
- **sea salt**

For the Aroma Diffuser

- **2 tsp. medium curry powder**

Put the cream in a bowl. Add the curry powder, a pinch of sea salt and well drained seafood. Stir together.

Place 2 teaspoon of curry powder in the Aroma Diffuser and fill with water up to the "Max" level.

Mix the cornflour with a little of the milk to form a paste. Beat the two eggs and egg yolk together with the remaining milk. Add the cornflour paste and beat until well mixed. In a separate bowl, break the rusk into fine crumbs, add the sesame seeds and mix. Grease six small ramekins. Place the seafood mixture in the base of the ramekins. Slowly pour in the egg mixture. Sprinkle the sesame and breadcrumb mixture on top.

Place the ramekins in the 2 steam baskets.

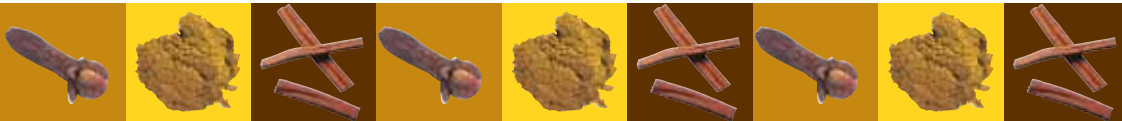
Cook for about 25 - 30 minutes, the exact time will depend on the size of the ramekins (use the point of a knife to check if the mixture has set).

Try this:

Substitute 150 g of seafood mix instead of the mussels, scallops and prawns.

The benefits of scented oils

Once evening falls, sprinkle a few drops of scented oil onto a light bulb (before turning it on). Scented oils are often associated with relaxation. They also awaken the senses: it is said that rose, jasmine and patchouli are aphrodisiacs... Diffused in your home, they create a relaxing mood and encourage meditation.



Moroccan minted couscous salad

Serves 4

15 min.

11 min.

- **200 g (7 oz) couscous**
- **350 ml (12 fl oz) boiling vegetable stock**
- **1 tsp. olive oil**
- **3 stems of fresh mint**
- **1 bunch spring onions, finely sliced**
- **1/4 cucumber**
- **4 firm tomatoes**
- **1/2 red pepper, deseeded and finely diced**
- **4 tblsp. chopped fresh parsley**
- **2 tblsp. chopped fresh mint**

For the dressing

- **5 tblsp. olive oil**
- **5 tblsp. lemon juice**
- **1 crushed garlic clove**
- **salt and freshly ground white pepper**

Place the fresh mint in the Aroma Diffuser and fill with water up to the "Max" level.

Place the couscous in a shallow heatproof dish that will fit in the lower steaming basket. Pour in the boiling hot stock, plus the olive oil and leave to stand for 5 minutes. Leave the dish of uncovered and place in the lower basket. Put the lid on the basket and steam for 11 minutes. Place in a large salad bowl and fluff up with a fork. Leave to cool completely.

Meanwhile, slice the spring onions. Scoop out the seeds from the cucumber and finely dice the flesh. Cut the tomatoes in half and scoop out the seeds, then dice the flesh. Mix the dressing ingredients together.

Add the vegetables, parsley, mint, and dressing to the couscous and mix well. Leave to chill in the refrigerator until required. Ideally chill for a few hours to allow the flavours to develop fully.

Serving suggestion:
Serve with kebabs and other barbecued foods.

Try this:
Serve the couscous warm and add 100 g (4 oz) cooked shelled prawns together with the vegetables.

Stay healthy!

There is nothing like a cup of herbal tea with some fresh ginger to fight low morale and feelings of fatigue. This is an ancient remedy for sluggishness and colds.

Warm curried prawn salad

Serves 4

20 min.

12 - 15 min.

- **5 tablespoons olive oil**
- **24 large raw tiger prawns (unshelled)**
- **1/2 packet red leaf salad**
- **1/2 packet frizzy salad**
- **2 teaspoons of sherry vinegar or red wine vinegar**
- **salt**
- **pepper**
- **1 tsp. french mustard**
- **10 g (1/4 oz) rock salt crystals**
- **2 teaspoon medium curry powder**

Peel the prawns.

In the Aroma Diffuser add the salt crystals, 1 tablespoon of olive oil, the curry powder and fill up with water up to the "Max" level.

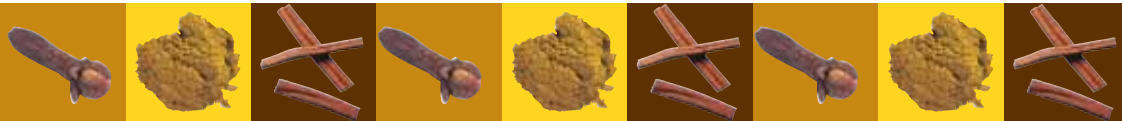
Put the prawns in the 2 steam bowls and cook for 12 to 15 minutes.

Meanwhile wash and dry the two salads. Mix them in a salad bowl. Make a vinaigrette with the rest of olive oil, the mustard and the vinegar. Add salt and pepper. Pour the vinaigrette over the salad and toss. Place the salad on serving plates and place the warm prawns on top. Serve immediately.

Spiced Tea

1 pinch Ceylon tea
2 cloves
1 cinnamon stick
3 cardamom pods
sugar

Boil all the ingredients in a saucepan for 5 minutes. Filter before serving and sweeten to taste.



Salmon yakitori served with saffron new potatoes

Serves 4

15 min. + 4-6 h to marinate

40 - 45 min.

- 4 x 120 g (4 1/2 oz) pieces of thick salmon fillet
- 700 g (1 1/2 lb) small baby new potatoes
- saffron strands

For the Yakitori marinade

- 5 tblsp. light soy sauce
- 5 tblsp. fish stock
- 5 tblsp. dry white wine
- 3 tblsp. dry sherry
- 1 finely chopped garlic clove (optional)

To make the Yakitori marinade, mix all the ingredients together. Skin the salmon. Place in a shallow dish and pour over the sauce. Leave to marinate for 4 - 6 hours in the refrigerator.

Wash and peel the new potatoes. Mix a pinch of saffron with some water and leave the peeled potatoes to soak in the saffron water for 15 minutes. Drain well.

Put a pinch of saffron in the inner side of the Aroma Diffuser and add some water up to the "Max" level.

Place the washed new potatoes in the lower basket. Cover with the lid and steam for 40 - 45 minutes. 15 minutes before the end of the cooking time, put the salmon in the fish tray and place on the basket. Cover with the lid. The exact cooking time for the salmon and potatoes will depend on their size and thickness. Any drips from the salmon will not spoil the potatoes. If the salmon is ready before the potatoes, remove it and keep it warm.

Serving suggestion:
Serve with asparagus tips and steam in the upper basket for 16 - 21 minutes.

Oriental steamed trout with black bean sauce

Serves 3

15 min. + 30 min. to marinate

20 - 25 min.

- 3 small gutted rainbow trout (which will fit in the fish tray)
- 2 bunches spring onions
- 3 tsp. finely grated fresh ginger root
- 3 tblsp. light soy sauce
- juice and grated rind of 1 lemon plus juice of 1/2 lemon
- 3 tblsp. dry sherry or rice wine
- 1/2 tsp. sugar
- 1 finely chopped clove of garlic

To serve

- 1/2 x 450 g jar black bean sauce
- 1 lemon thinly sliced
- freshly chopped coriander

Dry the fish with paper towel and trim off any fins, but leave the head and tail on. Season the inside. Using a sharp knife, make about 3 diagonal slashes at 2.5 cm (1 inch) intervals on each side of the fish. Place in the fish in a shallow non-metallic container.

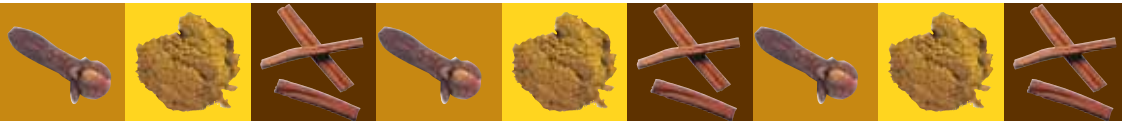
Combine the soy sauce, lemon juice and rind, dry sherry, sugar and garlic together. Mix in 1 teaspoon of the ginger. Pour over the fish and leave to marinate for 30 minutes.

Put a teaspoon of grated ginger in the Aroma Diffuser and fill with water up to the "Max" level.

Trim off and discard the leaves from the spring onions and cut into very thin matchstick strips. Mix together the remaining lemon rind, half the spring onions and 1 teaspoon of ginger. Remove the fish from the marinade and stuff the slits with the lemon and onion mixture. Place in the fish tray. Pour the black bean sauce into the rice bowl, cover with cling film and place in the lower basket. Position the fish tray on the basket and cover with the lid. Steam for 20 - 25 minutes or until the fish is tender.

Place the fish on warmed plates. Pour over the hot sauce and arrange the remaining shredded spring onion on top. Garnish with the slices of lemon and chopped coriander.

Serving suggestion:
Serve with plain steamed or boiled rice.



Monkfish with chinese cabbage and fresh ginger

Serves 4

10 min.

25 - 30 min.

- 800 g (1 3/4 lb) monkfish tails
- 70 g (3 oz) fresh root ginger, peeled
- 400 g (14 oz) Chinese leaf
- leaves from 1 head of celery washed
- 4 small red hot jalapeno peppers
- 2 green peppers
- coarse sea salt
- olive oil

Place the whole piece of monkfish in the lower basket. Sprinkle over three pinches of coarse salt and finely grate on 1 teaspoon of the freshly peeled ginger.

In the upper steam basket, put the celery leaves. Remove the seeds from the green peppers and cut into thick slices. Remove the seeds from the 2 small jalapeno peppers and cut into thick slices. Arrange them next to the celery leaves.

Remove and wash 5 or 6 chinese cabbage leaves. Arrange them in the fish plate but leave sufficient space around the edges for the steam to get through.

Put 1 tablespoon of finely grated fresh ginger in the Aroma Diffuser and add some water to the"Max" level.

Cook for about 25 - 30 minutes until the fish is cooked. On warmed serving plates arrange a pile of the Chinese cabbage drizzled with olive oil. Cut pieces of monkfish (without any central fish bone) for each person and place it on the cabbage; garnish with some celery leaves, grated ginger, a pile of green peppers and slices of whole red hot pepper on the side. Serve with saffron rice.

Serving suggestion:

Add a few juniper berries and whole pink peppercorns to the cabbage when cooking. Just before serving drizzle with some very fruity "green colour" olive oil over the monkfish steaks.

Sweet and sour chicken

Serves 2

10 min.

23 - 26 min.

- 2 boneless chicken breasts
- 1 tblsp. finely grated root ginger
- 1 x 300g jar sweet and sour sauce without vegetables
- 1/2 x 430g can pineapple pieces, drained
- 1/2 red or green pepper, diced

Put one tablespoon of grated ginger in the Aroma Diffuser and add some water up to the "Max" level.

Put the sweet and sour sauce in a shallow heatproof dish that will fit in the upper basket of the steamer. Stir in the pineapple and green pepper. Cover with cling film. Steam for about 10 minutes.

Meanwhile, skin the chicken and slice into 1 cm (_ inch) strips. Arrange the chicken in an even layer over the lower basket. Steam for a further 13 - 16 minutes until the chicken is cooked.

Serve on a bed of cooked rice on warmed serving plates and arrange the chicken strips in the centre. Pour over the hot sweet and sour sauce and serve immediately.

Variations: Instead of chicken use strips of pork fillet instead.

Chicken chow mein salad

Serves 4

15 min.

20 min.

- 1 tblsp. finely grated fresh ginger
- 4 skinless and boneless chicken breasts (about 575g/1 1/4 lb)
- 100 g (4 oz) mange tout
- 6 mushrooms, sliced
- 6 spring onions, sliced in 1cm (1/2 inch) lengths
- 1 red pepper, deseeded and diced
- 100 g (4 oz) bean sprouts
- 4 tblsp. reduced fat mayonnaise
- 2 tblsp. reserved cooking juices
- 2 tblsp. light soy sauce
- salt and pepper to taste
- cooked chow mein noodles
- green salad

Put one tablespoon of grated ginger in the Aroma Diffuser and add some water up to the "Max" level.

Place the chicken breasts in the lower steaming basket, place the upper basket in position and cover with the lid and steam for about 20 minutes, depending on the size.

12 minutes before the end of the cooking time, carefully remove the lid and add the mange tout, mushrooms and spring onions and continue steaming. Retain the cooking juices from the drip tray.

Transfer the vegetables to a large serving bowl. Cool the chicken pieces slightly and then dice. Add the chicken, red peppers and bean sprouts. Mix well.

Blend the mayonnaise, 2 tablespoon of the reserved cooking juices, soy sauce, salt and pepper together. Cover and chill in the refrigerator until ready to serve.

Serve on a bed of green salad, topped with chow mein noodles.

Creole cuisine

Whether it comes from Guadeloupe, the West Indies or the Caribbean, Island cuisine is a combination of European, African and American culinary traditions.

When you invite your guests to set off in search of unexpected flavours and aromas the dinner party is bound to be festive! Creole cuisine inspires thoughts of holidays, like wandering along beaches in faraway lands. As a result, this cuisine has become the inner sun of a thousand flavours and aromas opening up distant horizons. Very few types of artistic expression reveal more about a civilisation than its culinary art.

Tomato Ginger Rougail

Ingredients: 2 small tomatoes - 1 small onion
1 piece of root ginger - chilli peppers (the quantity according to your taste) - salt - oil

Crush the chilli peppers with the salt and ginger. Chop the tomatoes into small pieces then finely slice the onions. Mix everything together by lightly grinding it with a pestle or using a small spoon to crush it (the rougail should not be a purée).

Served on the side, this rougail adds spice to all your dishes.

Coco Punch

Into a glass jug:
Pour 1/4 litre white rum
100 ml golden syrup
Add peel from 2 or 3 limes,
cinnamon and nutmeg,
1 split vanilla pod,
1/2 litre coconut milk.
Stir everything together with a spoon. Place in the refrigerator for 3 or 4 hours. Serve very cold in a glass or in a coconut!

Grog

1 pinch tea
1 spoonful whisky or rum
3 cloves
1 cinnamon stick
Juice of half a lemon
Pour all the ingredients into a glass. Add boiling water and sugar or honey, whichever you prefer. Leave to infuse for about 3 minutes.

Island atmosphere

Fragrances for the table

Adorn your tables with fragrant decorations: a basket made of cinnamon sticks, a saucer filled with scented rose petals or exotic flowers.

Brightly coloured ice cubes

Green, yellow or pink ice cubes!
All you have to do is add a few drops of mint, grenadine or lemon syrup to your ice cube tray.

Improvise single flower vases

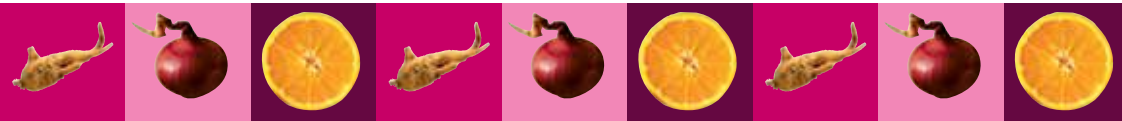
Fill fruit bowls, preferably transparent ones, with water and float colourful stem-less flowers in them. If you are planning a meal with flavours from the islands, choose exotic flowers!

Fruity scents

Use cinnamon sticks for knife blocks. Put flamboyantly coloured spices in saucers then place them on the table.
Coordinate your tablecloth and napkins with the colours of the spices.
Stick cinnamon sticks or vanilla pods into flowerpots filled with sand.

Exotic drinks

Serve drinks in pineapple shells that have had the flesh scooped out. Decorate with mini fruit kebabs on cocktail sticks and cocktail umbrellas.



Eggs poached with smoked salmon and coconut milk

Serves 4

10 min.

20 - 22 min.

- **4 eggs**
- **100 g (4 oz) smoked salmon, cut into small pieces**
- **whole coriander seeds***
- **8 stems of fresh coriander, coarsely chopped**
- **1 small can of coconut milk (about 200 ml/7 fl oz)**
- **groundnut oil or butter**

Lightly grease four high sided ramekins with a little groundnut oil or butter. Place the salmon in the 4 dishes.

Break an egg in each ramekin. Add two table spoonfuls of coconut milk and some coarsely chopped coriander.

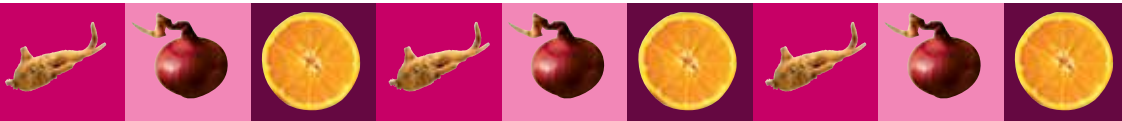
Place a few coriander seeds and some coconut milk in the Aroma Diffuser up to the "Max" level.

Place in the lower steam basket. Steam for about 20 to 22 minutes, less for lightly set eggs. Turn out onto warmed plates with the salmon on top, surrounded by the coconut cooking juices. Serve immediately with hot toast.

* Coriander seeds are available from large supermarkets or specialist delicatessens.

Try this:
Instead of smoked salmon, use 100 g salmon eggs or trout eggs.

Mango Rougail:
Ideal served with fish.
2 green mangoes, 1 small onion, 1 or 2 chilli peppers, salt, oil. Peel the mangoes, cut the flesh and chop it roughly into small cubes. Soak the cubes in slightly salty water for about 20 minutes, then pat them dry with kitchen towel. Slice the onion and add to the mango. Crush the chilli peppers together with the salt. Combine all the ingredients together and add about 3 tablespoons of oil.



Sea bass steamed with mint and cinnamon

Serves 4

10 min.

20-25 min. in total

- 4 x 250 g small whole sea bass, with skin on
- 2 tblsp. olive oil
- 1 teaspoon ground cinnamon
- 3 stems of fresh mint
- 70 g (3 oz) semolina
- 10 g (1/4 oz) coarse sea salt
- salt
- pepper

TO GARNISH

- a few fresh mint leaves
- 2 cinnamon sticks
- 1/2 lemon, sliced or cut in wedges

Ask your fishmonger to prepare the fish and remove the head, but leaving the skin on.

Place the fresh mint and ground cinnamon in the Aroma diffuser and fill with water up to the "Max" level.

Put 350 ml (12 fl oz) of boiling water in the rice bowl, together with the coarse salt, semolina and a tablespoon of olive oil. Place in the lower steaming basket, cover with the lid and steam for 10 minutes.

Arrange the sea bass in the fish tray, and lightly brush with olive oil.

Place the fish on top of the steam basket where the semolina is cooking and continue steaming for a further 12 - 15 minutes.

Serve the semolina on warmed plates, arrange the sea bass on top and season with salt and pepper. Add a slice or wedge of lemon. Garnish with fresh mint leaves and a stick of cinnamon.

Moist chocolate pudding steamed with vanilla

Serves 6-8

20 - 25 min.

45 - 50 min.

For the pudding
- 15 g (1/2 oz) cocoa powder
- 2 tablespoons boiling water
- 100 g (4 oz) self raising flour
- 1/2 level teaspoon baking powder
- 115 g (4 oz) light brown muscovado sugar
- 2 medium size eggs
- 1 teaspoon vanilla extract

For the sauce
- 125 g (4 1/2 oz) good quality plain cooking chocolate
- 142 ml (5 fl oz) pot low-fat double cream or double cream

For the aroma diffuser
- 1 tablespoon vanilla extract

Cut a piece of greaseproof paper to fit the top of the rice bowl and set aside. Line the rice bowl with cling film.

Place 1 tablespoon vanilla extract in the Aroma Diffuser and fill with water up to the "Max" level.

Sift the cocoa powder into a large mixing bowl. Add the 2 tablespoons boiling water and whisk together using any electric mixer or whisk, to make a thick paste. Add all the remaining pudding ingredients and whisk for 1 minute with an electric mixer, slightly longer if making by hand.

Pour the chocolate mixture into the rice bowl. Butter the underside of the greaseproof paper and place on top of the pudding. Cover the rice bowl with the cling film and put in the upper steam basket (not the lower basket). Cover with the lid and steam for 45 - 50 minutes.

Break up the squares of chocolate and cut each square in half. Place the chocolate and the cream in a suitable container that will fit on the fish plate. Cover with cling film. 15 - 20 minutes before the end of cooking place the container on the fish plate and cover with the lid and continue steaming the pudding.

Briskly beat the chocolate and cream together with a small whisk until smooth. Turn out the chocolate pudding, cut into pieces and serve in individual bowls with the warm chocolate sauce.

Try this:

Delicious served with stewed cherries flavoured with Kirsch. For a sweeter sauce, you may prefer to use half plain chocolate and half milk chocolate.

Apple compote with cinnamon

Serves 4

10 min.

20 - 25 min.

- 1 kg (2 1/4 lb) cooking apples (such as Bramleys)
- 2 tablespoons ground cinnamon
- about 100 g (4 oz) sugar

Peel, core and cut apples into quarters.

Put the ground cinnamon in the Aroma Diffuser and fill with water up to the level "Max".

Put the apples in the 2 steam baskets and cook for 20 - 25 minutes. Remove the apples and crush them, stir in sufficient sugar to your taste. Serve hot or cold.

Cabinet pudding steamed with vanilla

Serves 6

15 min. + 30 min. standing time

12 - 17 min.

- 6 trifle sponges
- 75 g (3 oz) glacé cherries
- 2 large eggs
- 25 g (1 oz) caster sugar
- 568 ml (1 pt) milk
- 3 tsps. vanilla extract (2 tsps. for Aroma Diffuser)

Cut each trifle sponge into 6 cubes. Cut the cherries into quarters.

Beat the eggs, sugar, milk and 1 teaspoon vanilla extract together in a large bowl. Add the cherries and sponge cake, and gently mix together. Leave to stand for 15 minutes.

Put 2 tsps. vanilla extract in the Aroma Diffuser and fill up with water until the "Max" level.

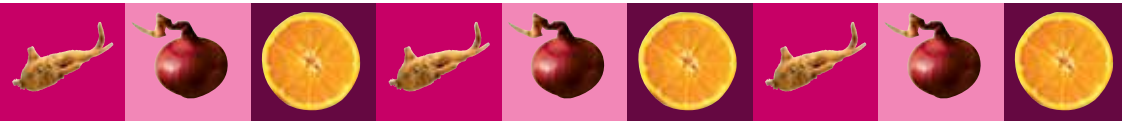
Pour the mixture into six well greased 150 ml (1/4 pint) individual heatproof pudding basins. Cover each with cling film. Place in the lower and upper steam baskets. Steam for about 40 minutes or until set. Carefully loosen the edges and turn out onto warmed plates.

Serving suggestion:
Serve warm or cold with double cream or Greek style natural yoghurt.

Try this:
Add 75g (3 oz) dried fruit instead of cherries.

Vanilla

A vanilla pod in your sugar bowl will impart a delicious flavour. Leave the vanilla to flavour the sugar for at least a month. Add a vanilla pod to your rum bottle.
The rum will taste the better for it. Blanche your vanilla pod before cutting it open: its flavour will be enhanced.



Cranberry and apple rings

Serves 4-6

10 min.

12 - 17 min.

- **1/2 tsp. ground cinnamon**
- **1/2 tsp. ground cloves**
- **900 g (2 lb) eating apples (such as Braeburn or Cox)**
- **8 tblsp. (about 75g /3oz) sweetened dried cranberries**

Peel and core the apples, and cut them inot 5mm (1/4 inch) thick rings. If preferred, the apples can be left unpeeled.

Add the ground cinnamon and ground cloves to the Aroma Diffuser and fill with water up to the "Max" level.

Place the apples and cranberries in the lower steam basket and cook for 12 - 17 minutes, stirring after about 10 minutes.

Place the cooked apple in a serving bowl and pour in the cooking juices from the drip tray. Serve immediately.

Papaya

Papaya, a fruit that is rich in Vitamin C, undoubtedly comes from the Americas even though it is also cultivated in the major tropical regions. Contrary to popular belief, papaya seeds are edible. They taste slightly peppery and spicy. You can rinse them and use as a garnish, or dry them and grind them for use as seasoning for your dishes.

Chestnut pudding steamed with rum

Serves 6

20 min.

30 min.

- **350 g (12 oz) canned unsweetened chestnut puree**
- **100 ml (4 fl oz) reduced fat double cream**
- **5 beaten eggs**
- **75 g - 150g (3 - 5 oz) caster sugar**
- **50 g (2 oz) raisins**
- **50 ml (3 tblsp.) rum**
- **30g (1 oz) toasted sliced almonds**

Pour the rum in the Aroma Diffuser.

Mix the chestnut puree with the cream, using a whisk, until well blended together.

Beat in the eggs, sugar to your taste and raisins. Divide into 6 buttered ramekins and cover with cling film. Place in lower and upper steam basket, cover with the lid and cook for 30 minutes.

Leave to cool. Unmould and sprinkle with the toasted almonds. Serve with apricot sauce, flavoured with 1 teaspoon of rum.

Try this:

Soak the raisins in the rum for a few hours, then strain off the rum for use in the Aroma Diffuser.

Crème caramel

Serves 6

20 min.

20 - 25 min.

For the caramel:
- 100 g (4 oz) granulated sugar
- 4 tblsp. cold water

For the custard:
- 3 medium eggs
- 25 g (1 oz) caster sugar
- 1 tsp. vanilla extract
- 450 ml (3/4 pt) warm milk
- 6 individual moulds or small ramekin dishes

For the Aroma Diffuser:
- 1 tsp. vanilla extract

Well grease the ramekin dishes with butter. Place the granulated sugar and water in a small saucepan. Dissolve the sugar over a low heat. Bring to the boil and boil gently until the sauce turns a golden brown colour. Evenly coat the base and sides of the dishes, quickly tilting the dish before the caramel sets.

Pour a 1 tsp. of vanilla extract in the Aroma Diffuser and fill with water up to the "Max" level.

Beat the eggs, caster sugar and the rest of vanilla extract together. Gradually pour in the warm milk, stirring continuously. Strain the custard into the dishes and cover with cling film. Place 3 dishes in the lower basket and the remainder in the middle basket. Cover with the lid and steam for 20 to 25 minutes.

Remove cling film and leave to cool completely. Chill well in the refrigerator, preferably until the next day, before turning out. To serve, loosen the top and sides then turn out onto a plate.

Try this:
For coffee crème caramel, dissolve 1 level tablespoon instant coffee powder when warming the milk. Also, add 2 tablespoons of rum to the beaten egg mixture.

Suggestion:
Accompany this dessert with small biscuits.

Moulinex

Ref. 5065494

ADHOC'S - 3584